

## **FUMCT Wellness - Focus on Gratitude:**

**“Oh give thanks to the Lord, for he is good. His steadfast love endures forever.” Psalm 107:1**

1. Start a gratitude journal. Use the notes app on your phone or a small notebook that you can carry with you.
2. Take a few minutes each day to record your blessings and thanksgivings. Set a personal goal for a total number to list – 100, 200, 500, 1000? Be specific and look for the good things in your life.
3. Write Bible verses about being thankful on cards and tape them to mirrors, dashboards, doors, desks, etc.
4. Pray about the struggles and hurts that you have experienced. Did those negative events lead to any positive changes or valuable life lessons? If so, thank God for how He used those circumstances for His good purposes.
5. Thank the people who encourage and challenge you – family, friends, co-workers, casual acquaintances. Thank them at the time or call, text, or send a personal note later.
6. Focus on thanksgiving during your prayer time – particularly for things that you often take for granted.
7. Find a gratitude app or podcast that inspires you.
8. Print free gratitude coloring/journaling sheets from the internet or design your own.

grat·i·tude: 

the quality of being thankful;  
readiness to show appreciation  
for and to return kindness.